Journal Entry #1:

**Choose 2 activities from the following list of 33 ways to help the environment and do them for 1 week. Before doing these activities, write 1 paragraph to plan. After the week is over, write 2 paragraphs of reflection.**

**Paint your home a light color to help reduce home cooling costs and energy consumption. Researchers have found that houses painted white are 5°F cooler than those painted gray, and 4°F to 8°F cooler than those painted black.**

Currently my house is a dark chocolate brown color. By painting it a lighter color such as light brown, with a white trim, and garage door, we will be able to make our house cooler. I think that there will be no really easy part of this experiment except for picking out the paint color. I also think that the hardest part of this experiment will be dedicating the time and commitment because our house is not that small, but also because there are plants we will either have to cut down or work around in our back yard.

**Shorten your showers to help save energy. Not only will you be saving water, but also you’ll be saving energy by giving your water heater less water to heat.**

The hard part about this experiment would be shortening my showers because after a long day a like to take a long, warm shower. Also remembering to shorten my showers could be a little hard. I think that the easiest part of this experiment will be knowing that my goal to shorten my showers to save energy is in reach, and that I am capable of doing that. To me, a short shower would be about 7-8 minutes instead of 15-20 minutes.